



# Base Bulletin

Vandenberg AFB, CA 93437-0759



15 August 2001

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The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items (via email to <mailto:publishing.management.dci@vandenberg.af.mil> or to Publishing Management DCI on the Global, or via fax to DSN 276-6614 or 805-606-6614) to arrive at DCI/SCSP by noon Friday, the week before you want your item to appear. Submit your items typed or printed on 30 SW Form 8, Official Bulletin Notice. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Limit official items to four lines, unofficial to 2-3 lines and personal items to one line. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30 SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I - ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961  
Safety Hazard? Dial 5-SAFE (If off base, dial 605-SAFE)

## SECTION II - OFFICIAL

### 1. 30<sup>th</sup> Communications Squadron:

**a. Need EMSEC training?** Look out for a global e-mail announcement called: "PC Training Schedule" by Ms. Lexi Schwartz, from our MCA Contractor. In addition to EMSEC, you will find other security training opportunities for: Unit Computer Security Manager, Computer Certification and Accreditation, and SATE training courses. To register, or for additional information, contact Ms. Lexi Schwartz ([Lexi.Schwartz@vandenberg.af.mil](mailto:Lexi.Schwartz@vandenberg.af.mil)). For questions only, not reservations, call MCA at extension 6-3771. (30CS/SCBI, 5-2352)

**b. New Publication:** The following items have been posted to the VEPDL; 30SWI40-302, Family Advocacy Program: Child Sexual Maltreatment Response Team, and 30SWI40-303, Family Advocacy Program: High Risk for Violence Response Team. (30 CS/SCSP-DCI, 6-7892/4)

**c. Air Force E-Pubs Web Site:** The Air Force Publishing web site has been closed temporarily. As an alternative, Publishing Management has one CD-Rom containing most Publications and Forms. Please call 6-7892/4 for needed publications and forms. (30 CS/SCSP-DCI, 6-7892/4)

**d. Air Force E-Pubs Customer Service:** Customer service is also available to e-mail publications and forms. Please contact the Air Force Departmental Publishing Office (AFDPO) Customer Service Desk at DSN 754-2438 and they will download and send you a copy of the item. For ordering physical products, please contact the AFPDC Customer Order desk at DSN 584-4529 and they will take your order either over the phone or via e-mail (e-mail address: [afpdc-service@pentagon.af.mil](mailto:afpdc-service@pentagon.af.mil)).

**e. New Visual Aids:** The new Force Protection Condition (FPCON) visual aids are available on the VEPDL. The URL is: <http://vepdl.vandenberg.af.mil/30swpubs/31series.htm>. (30CS/SCSP-DCI, 6-7892/4)

### 2. Traffic Management Office:

**a. Separating, Retiring or PCSing?** PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. POC: TSgt Dobbs, ext 6-0904. (30 TRANS/LGTTH)

**b. Shipping/Receiving Packages via Federal Express:** Attention all base organizations that ship and/or receive packages via Federal Express: Under the DoD approved GSA contract, FedEx is authorized to transport unmarked classified packages to up a classification of SECRET. Any packages

you receive from FedEx must be treated as classified material until it is determined to be otherwise. When shipping classified items, they must be processed through TMO Cargo Movement unless other arrangements have been made. TMO must be advised on the classification level. Any questions may be directed to MSgt Hawley, ext 6-3381. (30 TRANS/LGTTF)

**OFFICIAL**

**Robert M. Worley II**  
**Colonel, USAF**  
**Commander**

**Susanne Brixler-Staab**  
**Chief, Publishing Management**

**SECTION III – UNOFFICIAL**

**Commissary:** (DeCA, 5-8801)

**DeCA Web Site:** The commissary now has a computer located near the entrance of the store for customer use to check out DeCA's web site <http://www.commissaries.com/>. On DeCA's web site there is a separate web page for each commissary with pertinent information, a feature to build an electronic shopping list, recipes, and an active customer comment button that gives patrons another way to ask questions/voice opinions to DeCA management. DeCA's web site will make shopping easier for our patrons.

**Family Support Center:** Pre-Register for all Classes, Workshops & Seminars. (30MSS/DPF)

**a. Resume Writing:** 15 Aug 01, 0900-1130. Learn how to write a winning resume or update an old one. Learn current formats/styles, hot effective words and power statements to include in your winning resume! To register call Tinisha Agramonte at 5-8557.

**b. Manage Your Move:** 15 Aug 01, 1300-1530. For adults on the move, includes briefings from Finance, TMO, Housing, Legal Office, and tips from TRICARE. Have your questions ready and plan to attend within 120-90 days prior to departure. Spouses are encouraged to attend. Call 6-0801 to register.

**c. Develop a Spending Plan that Works:** 16 Aug 01, 1000-1200. A workshop that presents information on developing a plan for spending and saving money. Look at spending habits, understanding and clarifying **needs** from **wants**, and how to have balance in your spending.

**d. Retiree Events:** Monthly meetings are held the third Thursday of every month at 1300. On 16 Aug 01, the guest speaker will be Ms. Tymme Mitchell talking about "Living to 102" – body, mind, and spirit.

**e. Financial Planning:** 20 Aug 01, 1100. The future is now! Are you ready for retirement? College? Estate planning? Tax savings? Second career? Get the information you need to help you make decisions that affect your future. Call 6-4491 to register.

**f. Sponsorship Training:** 20 Aug 01, 1500-1600. Hear about the changes in the program and learn sponsor responsibilities, relocation resources, and tips to assist newcomers. Also offered as a tutorial on the "Intranet" or website <https://intranet.vandenberg.af.mil/sponsor/index.htm>. To sign up call 6-0801.

**g. VA Home Loan Class:** 21 Aug 01, 1330-1530. One of the major Veterans' benefits is the VA Home Loan Guarantee. VA home loan guaranties are made to service members, retirees, reservists, and unremarried surviving spouses for the purchase of homes, townhouses, condominiums, mobile homes and for refinancing of loans. Learn how to shop around and apply for this special home loan program. Gain understanding of basic terminology, learn processing procedures, as well as some of the pitfalls. For more information call 6-4491.

**h. Job Information Expo:** 22 Aug 01, 1000-1030, Family Support Center. Come to find out information on local job employment opportunities and sources. Find out who's hiring and who's not. Find out how to add your resume to the AF and local websites. Call 5-8557 for more information.

**i. WIC Office Comes To You:** 23 Aug 01. A satellite office of the Women, Infants, & Children (WIC) Program is at the Family Support Center the 4th Thursday of each month from 0800-1700 for

Vandenberg personnel who meet program requirements. WIC is a nutrition education program, and provides supplemental food to promote good health for pregnant, breastfeeding, and postpartum women, infants and children up to age five. For more information contact Teresa Orozco at 6-4636, or call the Lompoc WIC office at 737-6470 for an appointment.

**j. Individual Retirement Accounts:** 24 Aug 01, 1100-1200. Today IRA's offer greater flexibility and incentives for saving than ever before. Learn how to determine the best IRA choice for you and your family. To register call 6-4491.

**k. Financial Basics:** 27 Aug 1100. Learn financial management basics such as checkbook maintenance, credit spending, choosing a financial institution, credit pitfalls, decoding financial terminology and making your paydays count! To register call 6-4491.

**l. Newcomer Spouse Orientation:** 27 Aug 01, 745-1230 for a full morning of the Base Newcomer Orientation at the Pacific Coast Club or opt to arrive at 0950 to attend the Community Fair followed by the Spouse Group at 1100. Children are welcome to the Fair and Spouse Group — toys are provided. Meet other newcomers and learn about services and things to do on and off VAFB. Registration is not necessary, but call 6-0801 for more information.

**m. Single Parents Support Group:** 28 Aug 01, 1100-1230 at the Pacific Coast Club. This is an informal group for individuals who are dealing with divorce and single parenting. Pre-Registration not required. For more information, call 6-9958.

**n. Interviewing and Dress for Success:** 29 Aug 01, 0900-1130. Make a statement, and get the job! Learn what to wear and what "not" to wear. Learn tips to dress for your interview and workplace. To sign up, call 5-8557.

### **30th Services Squadron:** (30 SVS/SVK, 6-0276)

#### **a. Pacific Coast Club: (For details on any club functions please call 734-4375 or 734-4376).**

##### *Entertainment*

- **Ultimate Membership Drive Kickoff:** 15 Aug 01. Become a club member during this drive and have a chance to win some new wheels.
- Every Friday is **Club Card Drawing**. Don't miss out on your chance to win the Jackpot. Drawing is every Friday between 1700-2000. Must be present to win.
- 17 Aug 01, 1800-2200. **Karaoke Night** in the O-Lounge.
- 17 Aug 01, 1700-2200. **DJ** in the Hawk's Nest.
- 18 Aug 01, 2100-0400. **All Nighter** in the Hawk's Nest.
- 23 Aug 01, 2100-0200. **Mug Night with DJ** in the Hawk's Nest.
- 24 Aug 01, 1700-2200. **DJ** in the Hawk's Nest.
- 24 Aug 01, 2000-2400. **Karaoke Night** in the Hawk's Nest.
- 24 Aug 01, 1800-2200. **DJ** in the O-Lounge.
- 25 Aug 01, 2100-0200. **DJ** in the Hawk's Nest.
- Coming Soon: **Football Frenzy 2001** will be back at the Pacific Coast Club in September.

##### *Menu*

- **A La Carte Menu Dining** is available Tuesday & Wednesday nights except during Mongolian BBQ, 1800-2000.
    - ✂ 14 Aug 01. **Family Night. "Christmas in August" Turkey & Ham Buffet** with all the trimmings. \$8.95.
    - ✂ 15 Aug 01. **Members Special.** All you care to eat **Beef & Crab Legs** - \$14.95 (Reservations Please)
    - ✂ 16 Aug 01: **A La Carte Menu Dining.**
    - ✂ 21 Aug 01: **Family Night: The All-American Buffet Smorgasbord.** \$8.95.
    - ✂ 22 Aug 01: **Members Special! Mix & Match: 2 For 1 Chicken Cordon Blue or 7oz New York Steak.** \$12.95.
    - ✂ 23 Aug 01: **Mongolian BBQ.** \$5.95 / \$.95 per additional ounce.
  - **Family Night:** Tuesday night is "Family Night" at the Club. Children under 10 years eat free from the new children's buffet when accompanied by a paying adult. Limit two children per one adult. No take-out orders. 1800-2000.
  - **Foggio's:** Call and order ahead at 5-7800.
- b. Fitness Center:** (30SVS/SVMP, 6-3832)
- **Ongoing Classes:** The Fitness Center has classes in Karate, Aerobics, Yoga and more. Stop by the Fitness center for the current schedule. For more information, call 736-6213.

- **"New You" for the New Year:** 1-31 Aug 01. Trying to get in shape or lose weight? Join this 16 week weight loss competition sponsored by the Fitness Center and the Health & Wellness Center. Stop by either facility starting in August to find out how you can join.
- 15 Aug 01. **Soccer Tournament Signup Deadline.** Game date is 25 Aug 01. Contact Brian Owen at the Fitness Center for details at 6-3833.
- **Soccer Tournament:** 15 Aug 01, signup deadline. Game will be played 25 Aug 01. Contact Brian Owen at the Fitness Center for details 6-3833.
- **Fitness Workshops:** All Fitness Workshops are located in the Services Center Aerobics Room.
  - ☞ 18 Aug 01, 1000. **Introduction to Pilates.**
  - ☞ 20 Aug 01, 1200. **Introduction to Step.**
  - ☞ 25 Aug 01, 1000. **Introduction to Indoor Cycling.**
  - ☞ 27 Aug 01, 1200. **Introduction to Pilates.**
- c. **Family Aquatics Center:** (30SVS/SVRO, 6-3581)
  - **Swim Night:** 11 Aug 01, 1830-2030. Family fun swimming night. Cost is \$1 per person or use of pool pass.
  - **Dive-In Movie Night:** 17 Aug 01, 1930-2130. Enjoy a movie on the big screen while relaxing in the pool. \$2 per person (includes popcorn and soda). Moviegoers are encouraged to bring their own floatation devices.
  - **Youth Swim Lessons:** Open Registration will be held from 0900-1300, Monday-Friday.
- d. **Bowling Center:** (30SVS/SVK, 6-3209)
  - **9-Pin No-Tap:** 25 Aug 01. Signups start at 1800. Bowling starts at 1830. Cost is \$10 per person. There will be a "300" pot.
  - **Thunder Alley/Rock 300:** Glow and Bowl. Thursday, 1800-2100, Family Night. Friday, 2100-2400, Thunder Alley/Rock 300. Saturday, 2100-2400, Thunder Alley/Rock 300.
  - **Bonanza Bingo.** Play daily from open to close. It's only \$1 per card for a chance to win up to \$1000.
  - **Eat & Bowl:** Every Friday between 1830 and 2100. Bowl three games, get a cheeseburger, fries and drink for just \$7.00.
- e. **Services Center:** (30SVS/SVYR, 5-8974)
  - **Natural Knead Massage Therapy:** Therapeutic massage is a valuable addition to health care and fitness routines as a natural way to promote healthy body functioning, and to enhance the body's restorative powers. Located in the Services Center, call for appointments at 5-4748.
  - **Country Line Dancing:** Ongoing FREE dance lessons at the Service Center, Wednesday, 1830-2100.
- f. **Youth Center:** (30SVS/SVYY, 6-2152)
  - **Missoula Children's Theater:** Offering kids the chance to shine in the spotlight with a week-long theater workshop with a final production. 20 Aug 01: Open auditions for all students K-12 at the Youth Center (1100), and cast members selected. 20-24 Aug 01: Daily rehearsals for the show will be held at the Youth Center Gym. Schedule is as follows: Monday (1300-1530), Tuesday (1300-1530), Wednesday (1500-1930), Thursday (1500-1930), Friday (1500-1930). 25 Aug 01: Final Performance of "Treasure Island" at the Pacific Coast Club (1400).
  - **Parents Advisory Board!** Stop by the first Wednesday of every month for a Parents Advisory Board Meeting.
  - **Volunteers Needed:** The Youth Sports program is always in need of volunteers. Positions for the upcoming seasons: coaches, commissioners, field managers, and publicity managers. Coaches are still needed for the upcoming soccer season. The "5 & under," "7 & under," "9 & under," leagues still have openings available. To volunteer, please stop by the Youth Center or call 6-9374 for more information.
- g. **Marshallia Ranch Golf Course:** (30SVS/SVRG, 6-6262)
  - **Base/Club Championships:** 16 Aug 01. Signup Deadline for the Base/Club Championships on 18, 25-26 Aug 01. Entry Fees is \$20 for the Club Championship/No fee for the Base Championship. Signup with your own group and select T-Times for the first day.
  - 17 Aug 01, 0730. Open Play Shotgun, and the "Hi Neighbor" Shotgun Tournament at 1200.
  - 18 Aug 01, 1000-1400. **Titleist Demo Day** at the driving range.
  - 19 Aug 01. Scotch Foursome Tournament.



- **Junior Lessons:** Saturdays at 1330, with Bob Kotoski. Cost is \$5 per child. No sign up needed.
  - **Ladies Priority:** Every Wednesday 0830-0900.
  - **Intramural Golf:** Tuesday and Thursday, 1130-1230.
- h. Rod & Gun Club:** (30 SVS/SVRO, 6-4560)
- **Hunter Safety Class:** 16-17 Aug 01. Class runs Thursday and Friday from 1730-2230pm. Pre-registration is required. Course fee is \$10.
  - **Open Skeet and Trap Shooting:** Every Wed, Fri, Sat, and Sun at 0830, except for special events.
- i. Library:** (30 SVS/SVT, 6-6414)
- **Internet is Here!** The library now has Internet access available.
- j. Outdoor Recreation:** (30SVS/SVRO, 6-0960)
- **Motorcycle Show:** Looking for volunteers to help plan a motorcycle show. Volunteers needed for three classes: Harleys, cruisers, and sport bikes. Show is tentatively scheduled for late August/early September. All local dealers will be invited to attend. For more information call Michael J. Renner at 6-5908.

**Education Services & Human Resources Flight:** (30MSS/DPHS, 5-5902)

- a. Allan Hancock Registration:** Walk through registration for Fall 2001 semester is scheduled for 13 & 14 Aug 01 from 0900-1900 by appointment. Walk through registration without an appointment 15 Aug 01 0900-1900. Late registration 20-24 Aug 01 for 8 week classes and 20-31 Aug 01 for 16 week classes. Classes begin 20 Aug 01. If you have questions call 734-3500 or 5-5915.
- b. CCAF October Graduation Deadline 20 August:** Please have all paperwork at the Base Education office by COB on the 20th of August to meet the deadline for October graduation. If you have questions call 734-3500 or Base Education at 5-5906.
- c. University of La Verne:** There will be a tuition increase from \$205.00 to \$215.00 effective 20 August and an increase in the application fee from \$35.00 to \$40.00 effective 1 July. If you have questions contact University of La Verne 5-5917.

**Personal Computer Training Classes:** (30CS/MCA, 6-3371)

**a. New Classes:**











**Publisher 2000:** Microsoft Publisher 2000 helps you easily create, customize, and publish materials such as newsletters, brochures, flyers, catalogs, and Web sites. Publish easily on your desktop printer, at a copy shop or commercial print shop, or directly to the Web.

**Front Page 2000:** The Microsoft FrontPage® 2000 Web site creation and management tool gives you everything you need to create and manage exactly the site you want, whether you are creating a personal Web page or a corporate Internet or intranet site.

**Form Flow:** Learn how to make this program behave better.

**Lunch and Learn:** Call 6-3371 for the schedule of classes or visit: [\\30cs-training\\Class Descriptions\\Lunch and Learn.doc](#).

**b. Classes are open to active duty military, DOD employees, Reservists, Guard and Volunteers supporting Team Vandenberg only.** Walk-ins are welcome on a space available basis. To register, or for additional information, contact Ms. Lexi Schwartz via base email. If you do not receive a confirmation of your registration within two days, please contact us to see if we did receive it. For questions only, not reservations, call 6-3771. You will probably reach an answering machine, so please leave a message and we will call you back. The classes do not require knowledge of the individual programs but a working knowledge of Windows is required. We recommend taking the classes in the following order: Word; Excel; PowerPoint; Access. Classes offered are:

- |                                                                                                                                              |                                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  Introduction to Computers — A Basic Class for Beginners. |  Access 97; Access Lab, Access 2000 Beginning; Access 2000 Intermediate. |
|  Word 97; Word 97 Advanced; Word 2000.                    |  Palm PDA Beginning.                                                     |
|  Excel 97; Excel 97 Advanced; Excel 2000.                 |  Project 98.                                                             |
|  PowerPoint 97; PowerPoint 2000.                          |  Front Page 2000.                                                        |
|  Publisher 2000.                                          |  Outlook 98, Outlook 98 Email Only.                                      |

**c. Computer Based Training (CBT) Facility.** In addition to the existing traditional demonstration/lecture courses offered at the computer training facility located within Bldg. 9360, MCA Engineers, Inc. also reserves specific 4 hour blocks of time for those students interested in completing Computer Based

Training (CBT) courseware. This provides an alternate method for those who are unable to satisfactorily complete CBTs at their Personal Computer in their regular work environment.